

ICED SHEETS

HEAT ILLNESS TREATMENT

You know what to do for heat illness, but does your battle buddy?

REGULATION: TRADOC REG 350-29

MAINTAIN
CONSTANT
MONITORING

STRIP TO
UNDERGARMENTS

COVER TOP
OF HEAD

SOAK WITH
COLD WATER AND
FAN THE VICTIM

COVER WITH
ICED SHEETS

ELEVATE
FEET

REPLACE
OR REFRESH
SHEETS
WHEN WARM

BASIC LOAD: 8 SHEETS PER COMPANY-SIZE UNIT, IN A
LARGE COOLER OF ICE WATER.

ANY SOLDIER WHO DEVELOPS MENTAL STATUS CHANGES/
HEAT STROKE DURING WARM WEATHER TRAINING SHOULD
BE TREATED AS A MEDICAL EMERGENCY. CALL 9-1-1 AND
EVACUATE ONLY USING EMS. KEEP THE VICTIM COOL.

KNOW WHAT'S RIGHT
know the
signs
DO WHAT'S RIGHT

